

### 2005 & 2006 HealthierNASA Campaign Activities

Month	Monthly Calendar Topic	Health Observance/ campaign/VITS	Quarterly HP
-------	------------------------	-------------------------------------	--------------

#### 2005 HealthierNASA Calendar Distributed

<b>October</b>	Tobacco Use	*Influenza Vaccination Drive	<a href="#">“The Road to Resilience”</a> (Oct-Dec '05)
<b>November</b>	Self-Care		
<b>December</b>	Non-Rx Drugs	*HPW ViTS 12/01/05 12Noon EDT- 13:30	

#### 2006 HealthierNASA Calendar To be Distributed

<b>January</b>	Body Image	HPW ViTS 03/09/06 11am EDT- 12:30	<a href="#">Nutrition</a> (Jan-Mar '06)
<b>February</b>	10,000 Steps per day		
<b>March</b>	Metabolic Syndrome		

#### 2006

<b>April</b>	Preventive Health	* National Employee Health & Fitness Day 05/18/06	<a href="#">IAQ</a> & <a href="#">Antibiotic Resistance</a> (Apr-Jun '06)
<b>May</b>	Indoor Air Quality IAQ		
<b>June</b>	Heat Stress	* HPW ViTS 06/08/06 11am EDT- 12:30	

#### 2006

<b>July</b>	Ergonomics	HPW ViTS 09/07/06 11am EDT- 12:30	<a href="#">Sleep Well</a> (Jul-Sep '06)
<b>August</b>	Radiation Safety		
<b>September</b>	Lead		

#### 2006

<b>October</b>	Second-Hand Smoke	* Influenza Vaccination Drive	<a href="#">Mental Health</a> (Oct-Dec '06)
<b>November</b>	The Rx Generation	* HPW ViTS 12/07/06 11am EDT-	
<b>December</b>	Hearing Conservation	12:30	